

Statistics Report 15046, Fish, mackerel, Atlantic, raw

Report Date: June 25, 2017 19:39 EDT

Nutrient values and weights are for edible portion.

| Nutrient | Unit | Value Per100 g | Data Points | Std. Error | Min | Max | df | LB | UB | # Studies | Source | NDB Ref | Last Modified |
|-----------------------------|------|-------------------|----------------|------------|-----|-----|----|----|----|-----------|--|---------|------------------|
| Proximates | | | | | | | | | | | | | |
| Water | g | 63.55 | 142 | 0.657 | -- | -- | -- | -- | -- | -- | Analytical or derived from analytical | -- | 09/1987 |
| Energy | kcal | 205 | -- | -- | -- | -- | -- | -- | -- | -- | Calculated or imputed | -- | 09/1987 |
| Energy | kJ | 858 | -- | -- | -- | -- | -- | -- | -- | -- | Calculated or imputed | -- | 03/2009 |
| Protein | g | 18.60 | 83 | 0.171 | -- | -- | -- | -- | -- | -- | Analytical or derived from analytical | -- | 09/1987 |
| Total lipid (fat) | g | 13.89 | 364 | 0.380 | -- | -- | -- | -- | -- | -- | Analytical or derived from analytical | -- | 09/1987 |
| Ash | g | 1.35 | 60 | 0.032 | -- | -- | -- | -- | -- | -- | Analytical or derived from analytical | -- | 09/1987 |
| Carbohydrate, by difference | g | 0.00 | -- | -- | -- | -- | -- | -- | -- | -- | Assumed zero | -- | 09/1987 |
| Fiber, total dietary | g | 0.0 | -- | -- | -- | -- | -- | -- | -- | -- | Assumed zero | -- | 09/1987 |
| Sugars, total | g | 0.00 | -- | -- | -- | -- | -- | -- | -- | -- | Assumed zero | -- | 02/2003 |
| Minerals | | | | | | | | | | | | | |
| Calcium, Ca | mg | 12 | -- | 2.437 | -- | -- | -- | -- | -- | -- | Analytical or derived from analytical | -- | 09/1987 |

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|--------------------------------|------|-------------------|----------------|------------|-----|-----|----|----|----|-----------|--|---------|------------------|
| Iron, Fe | mg | 1.63 | -- | 0.398 | -- | -- | -- | -- | -- | -- | Analytical or derived from analytical | -- | 09/1987 |
| Magnesium, Mg | mg | 76 | -- | -- | -- | -- | -- | -- | -- | -- | Analytical or derived from analytical | -- | 09/1987 |
| Phosphorus, P | mg | 217 | -- | 11.557 | -- | -- | -- | -- | -- | -- | Analytical or derived from analytical | -- | 09/1987 |
| Potassium, K | mg | 314 | -- | 19.569 | -- | -- | -- | -- | -- | -- | Analytical or derived from analytical | -- | 09/1987 |
| Sodium, Na | mg | 90 | -- | 7.283 | -- | -- | -- | -- | -- | -- | Analytical or derived from analytical | -- | 09/1987 |
| Zinc, Zn | mg | 0.63 | 82 | 0.017 | -- | -- | -- | -- | -- | -- | Analytical or derived from analytical | -- | 09/1987 |
| Copper, Cu | mg | 0.073 | 81 | 0.004 | -- | -- | -- | -- | -- | -- | Analytical or derived from analytical | -- | 09/1987 |
| Manganese, Mn | mg | 0.015 | -- | -- | -- | -- | -- | -- | -- | -- | Analytical or derived from analytical | -- | 09/1987 |
| Selenium, Se | µg | 44.1 | -- | 2.285 | -- | -- | -- | -- | -- | -- | Analytical or derived from analytical | -- | 12/1992 |
| Vitamins | | | | | | | | | | | | | |
| Vitamin C, total ascorbic acid | mg | 0.4 | -- | -- | -- | -- | -- | -- | -- | -- | Analytical or derived from analytical | -- | 09/1987 |

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|---------------------|------|-------------------|----------------|------------|-----|-----|----|----|----|-----------|--|---------|------------------|
| Thiamin | mg | 0.176 | -- | 0.050 | -- | -- | -- | -- | -- | -- | Analytical or derived from analytical | -- | 09/1987 |
| Riboflavin | mg | 0.312 | -- | 0.032 | -- | -- | -- | -- | -- | -- | Analytical or derived from analytical | -- | 09/1987 |
| Niacin | mg | 9.080 | -- | 1.278 | -- | -- | -- | -- | -- | -- | Analytical or derived from analytical | -- | 09/1987 |
| Pantothenic acid | mg | 0.856 | -- | 0.113 | -- | -- | -- | -- | -- | -- | Analytical or derived from analytical | -- | 09/1987 |
| Vitamin B-6 | mg | 0.399 | -- | 0.045 | -- | -- | -- | -- | -- | -- | Analytical or derived from analytical | -- | 09/1987 |
| Folate, total | µg | 1 | -- | -- | -- | -- | -- | -- | -- | -- | Calculated or imputed | -- | 09/1987 |
| Folic acid | µg | 0 | -- | -- | -- | -- | -- | -- | -- | -- | Assumed zero | -- | 01/2001 |
| Folate, food | µg | 1 | -- | -- | -- | -- | -- | -- | -- | -- | Calculated or imputed | -- | 03/2009 |
| Folate, DFE | µg | 1 | -- | -- | -- | -- | -- | -- | -- | -- | Calculated or imputed | -- | 03/2009 |
| Choline, total | mg | 65.0 | -- | -- | -- | -- | -- | -- | -- | -- | Calculated or imputed | -- | 03/2009 |
| Vitamin B-12 | µg | 8.71 | -- | 1.332 | -- | -- | -- | -- | -- | -- | Analytical or derived from analytical | -- | 09/1987 |
| Vitamin B-12, added | µg | 0.00 | -- | -- | -- | -- | -- | -- | -- | -- | Assumed zero | -- | 09/2004 |
| Vitamin A, RAE | µg | 50 | -- | -- | -- | -- | -- | -- | -- | -- | Calculated or imputed | -- | 03/2009 |
| Retinol | µg | 50 | -- | -- | -- | -- | -- | -- | -- | -- | Calculated or imputed | -- | 03/2009 |

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|------------------------------|------|-------------------|----------------|------------|-----|-----|----|----|----|-----------|--|---------|------------------|
| Carotene, beta | µg | 0 | -- | -- | -- | -- | -- | -- | -- | -- | Assumed zero | -- | 02/2003 |
| Carotene, alpha | µg | 0 | -- | -- | -- | -- | -- | -- | -- | -- | Assumed zero | -- | 02/2003 |
| Cryptoxanthin, beta | µg | 0 | -- | -- | -- | -- | -- | -- | -- | -- | Assumed zero | -- | 02/2003 |
| Vitamin A, IU | IU | 167 | -- | -- | -- | -- | -- | -- | -- | -- | Calculated or imputed | -- | 03/2009 |
| Lycopene | µg | 0 | -- | -- | -- | -- | -- | -- | -- | -- | Assumed zero | -- | 02/2003 |
| Lutein + zeaxanthin | µg | 0 | -- | -- | -- | -- | -- | -- | -- | -- | Assumed zero | -- | 02/2003 |
| Vitamin E (alpha-tocopherol) | mg | 1.52 | -- | -- | -- | -- | -- | -- | -- | -- | Calculated or imputed | -- | 03/2009 |
| Vitamin E, added | mg | 0.00 | -- | -- | -- | -- | -- | -- | -- | -- | Assumed zero | -- | 09/2004 |
| Vitamin D (D2 + D3) | µg | 16.1 | -- | -- | -- | -- | -- | -- | -- | -- | Analytical or derived from analytical | -- | 03/2009 |
| Vitamin D3 (cholecalciferol) | µg | 16.1 | -- | -- | -- | -- | -- | -- | -- | -- | Calculated or imputed | 15127 | 03/2009 |
| Vitamin D | IU | 643 | -- | -- | -- | -- | -- | -- | -- | -- | Calculated or imputed | 15127 | 03/2009 |
| Vitamin K (phylloquinone) | µg | 5.0 | -- | -- | -- | -- | -- | -- | -- | -- | Calculated or imputed | -- | 02/2003 |
| Lipids | | | | | | | | | | | | | |
| Fatty acids, total saturated | g | 3.257 | -- | -- | -- | -- | -- | -- | -- | -- | Analytical or derived from analytical | -- | 09/1987 |
| 4:0 | g | 0.000 | -- | -- | -- | -- | -- | -- | -- | -- | Analytical or derived from analytical | -- | 02/1995 |
| 6:0 | g | 0.000 | -- | -- | -- | -- | -- | -- | -- | -- | Analytical or derived from analytical | -- | 02/1995 |

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|------------------------------------|------|-------------------|----------------|------------|-----|-----|----|----|----|-----------|--|---------|------------------|
| 8:0 | g | 0.000 | -- | -- | -- | -- | -- | -- | -- | -- | Analytical or derived from analytical | -- | 02/1995 |
| 10:0 | g | 0.000 | -- | -- | -- | -- | -- | -- | -- | -- | Analytical or derived from analytical | -- | 02/1995 |
| 12:0 | g | 0.017 | -- | -- | -- | -- | -- | -- | -- | -- | Analytical or derived from analytical | -- | 09/1987 |
| 14:0 | g | 0.674 | -- | -- | -- | -- | -- | -- | -- | -- | Analytical or derived from analytical | -- | 09/1987 |
| 16:0 | g | 2.125 | -- | -- | -- | -- | -- | -- | -- | -- | Analytical or derived from analytical | -- | 09/1987 |
| 18:0 | g | 0.423 | -- | -- | -- | -- | -- | -- | -- | -- | Analytical or derived from analytical | -- | 09/1987 |
| Fatty acids, total monounsaturated | g | 5.456 | -- | -- | -- | -- | -- | -- | -- | -- | Calculated or imputed | -- | 02/1995 |
| 16:1 undifferentiated | g | 0.727 | -- | -- | -- | -- | -- | -- | -- | -- | Analytical or derived from analytical | -- | 09/1987 |
| 18:1 undifferentiated | g | 2.283 | -- | -- | -- | -- | -- | -- | -- | -- | Analytical or derived from analytical | -- | 09/1987 |
| 20:1 | g | 1.039 | -- | -- | -- | -- | -- | -- | -- | -- | Analytical or derived from analytical | -- | 09/1987 |

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| 22:1 undifferentiated | g | 1.407 | -- | -- | -- | -- | -- | -- | -- | -- | Analytical or derived from analytical | -- | 09/1987 |
| Fatty acids, total polyunsaturated | g | 3.350 | -- | -- | -- | -- | -- | -- | -- | -- | Calculated or imputed | -- | 02/1995 |
| 18:2 undifferentiated | g | 0.219 | -- | -- | -- | -- | -- | -- | -- | -- | Analytical or derived from analytical | -- | 09/1987 |
| 18:3 undifferentiated | g | 0.159 | -- | -- | -- | -- | -- | -- | -- | -- | Analytical or derived from analytical | -- | 09/1987 |
| 18:4 | g | 0.278 | -- | -- | -- | -- | -- | -- | -- | -- | Analytical or derived from analytical | -- | 09/1987 |
| 20:4 undifferentiated | g | 0.183 | -- | -- | -- | -- | -- | -- | -- | -- | Analytical or derived from analytical | -- | 09/1987 |
| 20:5 n-3 (EPA) | g | 0.898 | -- | -- | -- | -- | -- | -- | -- | -- | Analytical or derived from analytical | -- | 09/1987 |
| 22:5 n-3 (DPA) | g | 0.212 | -- | -- | -- | -- | -- | -- | -- | -- | Analytical or derived from analytical | -- | 09/1987 |
| 22:6 n-3 (DHA) | g | 1.401 | -- | -- | -- | -- | -- | -- | -- | -- | Analytical or derived from analytical | -- | 09/1987 |
| Cholesterol | mg | 70 | -- | -- | -- | -- | -- | -- | -- | -- | Analytical or derived from analytical | -- | 09/1987 |

Amino Acids

| Nutrient | Unit | Value Per100 g | Data Points | Std. Error | Min | Max | df | LB | UB | # Studies | Source | NDB Ref | Last Modified |
|---------------|------|-------------------|----------------|------------|-----|-----|----|----|----|-----------|--|---------|------------------|
| Tryptophan | g | 0.208 | -- | -- | -- | -- | -- | -- | -- | -- | Analytical or derived from analytical | -- | 09/1987 |
| Threonine | g | 0.815 | -- | -- | -- | -- | -- | -- | -- | -- | Analytical or derived from analytical | -- | 09/1987 |
| Isoleucine | g | 0.857 | -- | -- | -- | -- | -- | -- | -- | -- | Analytical or derived from analytical | -- | 09/1987 |
| Leucine | g | 1.512 | -- | -- | -- | -- | -- | -- | -- | -- | Analytical or derived from analytical | -- | 09/1987 |
| Lysine | g | 1.708 | -- | -- | -- | -- | -- | -- | -- | -- | Analytical or derived from analytical | -- | 09/1987 |
| Methionine | g | 0.551 | -- | -- | -- | -- | -- | -- | -- | -- | Analytical or derived from analytical | -- | 09/1987 |
| Cystine | g | 0.199 | -- | -- | -- | -- | -- | -- | -- | -- | Analytical or derived from analytical | -- | 09/1987 |
| Phenylalanine | g | 0.726 | -- | -- | -- | -- | -- | -- | -- | -- | Analytical or derived from analytical | -- | 09/1987 |
| Tyrosine | g | 0.628 | -- | -- | -- | -- | -- | -- | -- | -- | Analytical or derived from analytical | -- | 09/1987 |
| Valine | g | 0.958 | -- | -- | -- | -- | -- | -- | -- | -- | Analytical or derived from analytical | -- | 09/1987 |

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| Arginine | g | 1.113 | -- | -- | -- | -- | -- | -- | -- | -- | Analytical or derived from analytical | -- | 09/1987 |
| Histidine | g | 0.548 | -- | -- | -- | -- | -- | -- | -- | -- | Analytical or derived from analytical | -- | 09/1987 |
| Alanine | g | 1.125 | -- | -- | -- | -- | -- | -- | -- | -- | Analytical or derived from analytical | -- | 09/1987 |
| Aspartic acid | g | 1.905 | -- | -- | -- | -- | -- | -- | -- | -- | Analytical or derived from analytical | -- | 09/1987 |
| Glutamic acid | g | 2.777 | -- | -- | -- | -- | -- | -- | -- | -- | Analytical or derived from analytical | -- | 09/1987 |
| Glycine | g | 0.893 | -- | -- | -- | -- | -- | -- | -- | -- | Analytical or derived from analytical | -- | 09/1987 |
| Proline | g | 0.658 | -- | -- | -- | -- | -- | -- | -- | -- | Analytical or derived from analytical | -- | 09/1987 |
| Serine | g | 0.759 | -- | -- | -- | -- | -- | -- | -- | -- | Analytical or derived from analytical | -- | 09/1987 |
| Other | | | | | | | | | | | | | |
| Alcohol, ethyl | g | 0.0 | -- | -- | -- | -- | -- | -- | -- | -- | Assumed zero | -- | 04/1985 |
| Caffeine | mg | 0 | -- | -- | -- | -- | -- | -- | -- | -- | Assumed zero | -- | 02/2001 |
| Theobromine | mg | 0 | -- | -- | -- | -- | -- | -- | -- | -- | Assumed zero | -- | 02/2001 |